



Gracie United Red River



3800 Monroe Hwy Suite J

Pineville LA, 71360

☎ (318) 769-2872

✉ redriver@gracieunited.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						ADULT OPEN MAT @10:00 AM - 12:00 PM	
11:00 AM							
12:00 PM			ADULT OPEN MAT @12:00 PM - 1:00 PM				
1:00 PM 4:00 PM							
5:00 PM		GI BJJ (4 - 7 YEARS OLD) @5:15 PM - 5:45 PM			GI BJJ (4 - 7 YEARS OLD) @5:15 PM - 5:45 PM		
6:00 PM	NO GI BJJ (8 - 12 YEARS OLD) @6:00 PM - 6:45 PM	GI BJJ (8 - 12 YEARS OLD) @6:00 PM - 6:45 PM	ADULT KICKBOXING @6:00 PM - 7:00 PM	GI BJJ (8 - 12 YEARS OLD) @6:00 PM - 6:45 PM			
7:00 PM	ADULT NO GI BJJ @7:00 PM - 8:00 PM	ADULT GI BJJ @7:00 PM - 8:00 PM		ADULT GI BJJ @7:00 PM - 8:00 PM			
8:00 PM	ADULT INTRO WRESTLING @8:00 PM - 8:30 PM	ADULT GI ADVANCED @8:00 PM - 8:30 PM		ADULT GI ADVANCED @8:00 PM - 8:30 PM			